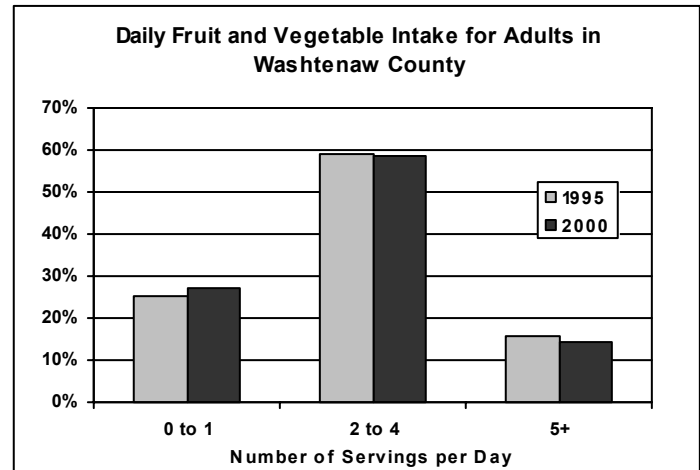
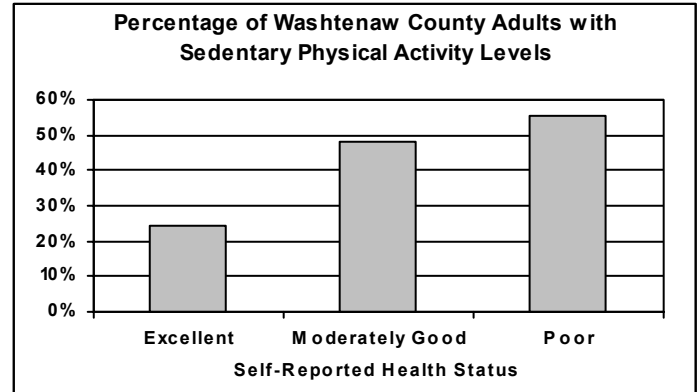


Healthy Eating & Physical Activity Fact Sheet: Preventing and Living With Chronic Diseases

The health problem

- Adults who are overweight or obese are at increased risk for developing Type 2 diabetes, heart disease, and high blood pressure.
- Having one chronic disease puts people at increased risk of developing additional chronic diseases.
- Washtenaw County adults who report “poor” health status are 5 times more likely to be sedentary than those who report “excellent health status” (see graph).
- Only 14.3% of Washtenaw County adults eat the recommended 5 fruits and vegetables a day (see graph).



Source: WCPHD, HIP Survey 1995 & 2000

The benefits

Eating healthfully and exercising 5 days a week promotes health in a variety of ways:

- Prevents diabetes in those who exhibit warning signs
- Helps treat symptoms and reduce the risk of developing other chronic diseases such as high blood pressure and diabetes
- Reduces the risk of developing colon and breast cancers
- Promotes healthy bones, muscles, and joints and weight loss
- Lowers stress levels and decreases depression and anxiety
- Improves sleep and increases energy levels

Adults Living with or At Risk for Chronic Diseases

- Aim to achieve the minimum amount of physical activity recommended: 30 minutes a day, 5 or more days a week. You can break this up into 5 or 10 minute intervals. Discuss exercising safely with your health care provider.
- Exercise does not need to be a high intensity or over a long duration to have health benefits. Every day activities, such as walking, taking the stairs, walking a dog, house cleaning, and gardening count!
- Neighborhood walking clubs are great opportunities to exercise with friends.
- Cook more meals at home and eat together as a family. Be aware of portion sizes.
- Decrease consumption of sweetened beverages to prevent and control diabetes, limit calories, and prevent tooth decay.
- Healthy eating includes having enough fiber in your diet through whole grains, fruits, and vegetables; eating 5 fruits and vegetables a day; cutting down on sugars, fat, and salt; and eating healthy snacks.



American Heart Association: tips on engaging in a more physically active lifestyle:
<http://www.americanheart.org/presenter.jhtml?identifier=1200013>

The Burden of Chronic Diseases and their Risk Factors: National and State Perspectives 2002: <http://www.cdc.gov/nccdphp/burdenbook2002/index.htm>

Center for Disease Control: Tips and start guides for becoming physically active:
<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

Washtenaw County Public Health Department: Washtenaw County data and community organizations: <http://publichealth.ewashtenaw.org>

Sources:

1. Healthy Eating Expert Panel: Meetings on November 19, 2003 and March 31, 2004
2. Overweight and Obesity, Centers for Disease Control, <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>
3. Physical Activity in Washtenaw County, Washtenaw County Health Department, January 2003. www.ewashtenaw.org/government/departments/public_health
4. The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Heart, Lung, and Blood Institute, October 2000 <http://www.nhlbi.nih.gov/guidelines/obesity/practgde.htm>